



## Nutrition e-Newsletter for

October 2010

The Team Nutrition (TN) e-Newsletter is published periodically to share TN resources developed by USDA and/or by State agencies, and to share ideas for promoting healthy eating and physical activity through Team Nutrition at the State and local levels.

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## Update from Let's Move!



### Presidential Proclamation: National Childhood Obesity Awareness Month

Over the past three decades, childhood obesity rates in America have tripled, affecting children across the nation and changing the country's overall health and wellness.

Building on the momentum of the Let's Move! campaign and highlighting the steps that individuals, families and communities can take to address this issue, President Obama recently issued a proclamation making September 2010 National Childhood Obesity Awareness Month.

### Let's Cook! Find weekly recipe plans from Let's Move! Chefs

Chefs from across the country visit the White House kitchen to create nutritious and affordable menu plans for busy families. With one shopping list, a little preparation, and dinner recipes to take you through the week - Let's Cook makes it easier to eat healthy at home.



Print, email and share recipes with friends, tell us about your healthy cooking on Facebook and visit often for new recipes.

## Recipes for Healthy Kids Competition



*Let's Move!*, in association with the U.S. Department of Agriculture (USDA), is challenging school nutrition professionals, chefs, students, parents and interested community members to create tasty, healthy, exciting new recipes for inclusion on school lunch menus across the country.

How to Enter: By 5:00 PM EST on December 30, 2010, interested participants must form teams that include each of the following: a chef, a school nutrition professional, at least one student currently enrolled in grades 4-12, and at least one parent or community member.

<http://www.recipesforkidschallenge.com>

## News from Team Nutrition



### USDA Announces Team Nutrition Training Grants to Improve Health of America's Children

On September 9, Agriculture Secretary Tom Vilsack announced Team Nutrition Training Grants awarded to 19 States to help children develop good nutrition and physical activity habits for healthier lifestyles.

Nearly \$5.5 million in funding will support efforts to help elementary and secondary schools applying for the HealthierUS School Challenge, a key component of the First Lady's Let's Move initiative to end childhood obesity within a generation. Team Nutrition Training Grants help States provide schools with nutrition education materials and resources for children and parents, as well as technical assistance and training for school food service providers and communities.

### Take the HealthierUS School Challenge!

The HealthierUS School Challenge (HUSSC) is a voluntary initiative established in 2004 to recognize those schools participating in the National School Lunch Program that have created healthier school environments through promotion of nutrition and physical activity.

In February 2010, First Lady Michelle Obama introduced [Let's Move!](#), incorporating the HealthierUS School Challenge into her campaign to raise a healthier generation of kids. At that time, monetary [incentive awards](#) became available for each HUSSC award level: Bronze, Silver, Gold, and Gold Award of Distinction. To date, 840 awards have been given to schools in 37 states! Team Nutrition is committed to reaching 1250 schools by June of 2011. <http://teamnutrition.usda.gov/healthierUS>



## Team Nutrition Publications



### Fruits and Vegetables Galore

Fruits & Vegetables Galore is a tool for school foodservice professionals packed with tips on planning, purchasing, protecting, preparing, presenting and promoting fruits and vegetables. Use Fruits & Vegetables Galore to help rejuvenate your cafeteria with colorful fruits and vegetables.

Dress up your serving line to draw attention to fruits and vegetables to encourage children to make these selections. Solicit the cooperation of teachers by providing them with teaching tools or by supporting their educational efforts. Make your daily meal offerings competitive with other commercial options available to students. Use all these materials to get students excited about eating healthfully.

Order your copy today at <http://teamnutrition.usda.gov/library.html>!

### Tools for Schools

*Tools for Schools* includes updated versions of the [Menu Planner for Healthy School Meals](#) and the [Food Buying Guide for Child Nutrition Programs](#) in CD format packaged together in a dual mailer that is available to all schools.

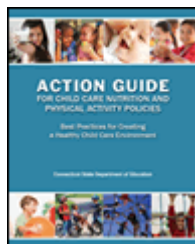


The *Menu Planner for Healthy School Meals* provides recommendations from the 2005 Dietary Guidelines that can be implemented in menu planning: serving more whole grains, fruits, and vegetables, and lower amounts of sugar, saturated and trans fats, and sodium in school menus. It includes valuable information on the different menu planning options, nutrient analysis, keeping menu planning records, and marketing the School Meal Programs in schools.

The *Food Buying Guide for Child Nutrition Programs* has all of the current information in one manual. You can print the entire manual, individual sections, or just updated pages to insert into your 2001 print copy. The manual includes an introduction, appendixes, and information on Meat/Meat Alternates, Vegetables/Fruits, Grains/Breads, Milk, and Other Foods.

Order your copy today at  
<http://teamnutrition.usda.gov/library.html>!

## New Materials Developed by States



### [Action Guide for Child Care Nutrition and Physical Activity Policies](#)

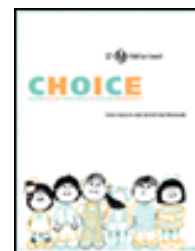
*Connecticut State Department of Education.*

The action guide is intended to help local and community child care, early education and afterschool programs establish and implement policies and practices that encourage healthy lifestyles in children.

### [CHOICE: Creating Healthy Opportunities in Child Care Environments](#)

*Contra Costa Child Care Council.*

This Tool Kit was created to help child care centers through the process of developing comprehensive written nutrition and physical activity policies.



### [Florida Farm to School: Shortening the Distance Implementation Handbook](#)



*Florida Department of Education; Florida Department of Agriculture and Consumer Services.*

This Farm to School Handbook is designed to be a reference and informational guide to assist schools in developing and implementing a farm-to-school program. It contains information, resources, and advice that will help you get started or expand an already existing program.

### [Idaho School Employee Wellness Implementation Guide](#)

*Idaho Department of Education.*

This guide provides information & resources to implement a successful worksite wellness program for Idaho Schools, and can be adapted for use in other states. The goal of the outlined school employee wellness program is to support individual behavior changes, as well as policy and environmental changes that will promote good health for all staff members.



### [Move & Crunch Challenge](#)

*Illinois NET Program; Northeastern Illinois University's Department of Health, Physical Education, Recreation and Athletics.*



This fun, innovative event engages the entire school community! School principals model healthy lifestyle choices and challenge students, parents and school staff to "Move" & "Crunch" their way to wellness, by striving to meet goals for physical activity and eating fruits and veggies during a week-long event. Use the Event Planning Guide and other resources to plan this fun event at your school.





## Resources from the Healthy Meals Resource System



### [Recipe Finder: New Search Features](#)

The HMRS Recipe Finder contains over 750 recipes for school and child care food service professionals. Find standardized recipes, quantity recipes, USDA recipes, recipes from industry and more! The Recipe Finder now features preset searches for the following categories, making searching for new recipes one click away!

### [Bulletin Board Resources](#)

Help your students and staff learn to make healthful food choices by creating a colorful bulletin board in your child care center, classroom or cafeteria. Use the resources in this section to create a themed display that will make your students and staff stop and look! Topics include:

- [Breakfast](#)
- [Calcium and Bone Health](#)
- [Farm to School](#)
- [Food Safety](#)
- [Fruits and Vegetables](#)
- [General Nutrition](#)
- [Hand Washing](#)
- [MyPyramid](#)
- [Oral Health](#)
- [Physical Activity](#)
- [School Gardens](#)
- [Whole Grains](#)

**Team Nutrition E-Newsletter**

### **About USDA's Team Nutrition**

Team Nutrition is an integrated, behavior-based, comprehensive plan for promoting the nutritional health of the Nation's children. Team Nutrition uses three behavior-oriented strategies: 1) provide training and technical assistance to help Child Nutrition Program foodservice professionals to prepare and serve nutritious meals; 2) provide multifaceted, integrated nutrition education for children, their parents, and other adults who influence children's behavior; and 3) build school and community support to create a healthy school environment that is conducive to healthy eating and physical activity.

For more information regarding USDA's Team Nutrition and how to enroll your school as a Team Nutrition School, go to the USDA Web site at <http://teamnutrition.usda.gov/team.html>

What's new on USDA's Team Nutrition Web site? Check it out at <http://teamnutrition.usda.gov>

Submit your comments and suggestions regarding this Team Nutrition e-newsletter to Desirée Stapley ([desiree.stapley@ars.usda.gov](mailto:desiree.stapley@ars.usda.gov))